

EMERGENCY PREPAREDNESS FOR FAMILIES – Resources and Tips

September 2014

Those of us who have survived hurricanes and fierce storms are aware of their potential to cause serious harm and massive destruction. **National Preparedness Month** is a good time to plan ahead and prepare your emergency kit for the next severe storm or hurricane.

Here are some resources to help you think about what you would do if a hurricane struck near you, what you would need to carry out that plan, and how to respond to children's needs during a hurricane and its aftermath.

[2014 Hurricane Season - Preparedness Begins with You](#)

[2014 Hurricane Preparedness Week](#)

[Get Ready for Hurricane Season](#)

[Be Ready - Hurricane Preparedness](#)

[Be Ready!](#)

[Be Ready! - For Kids](#)

Hurricane Preparedness – resources provide tips on hurricane preparation, response, and recovery

TIPS FOR PARENTS:

Hurricane Tools and Links

- [Parent Guidelines for Helping Children After a Hurricane \(Spanish\)](#)
- [After the Hurricane – Helping Young Children Heal Tip Sheet](#)
- [Be Prepared to Keep Food Safe](#)



Parent Toolkits to help your family prepare for disasters, including checklists, coping with disasters, and a family plan.

- [Emergency Response and Recovery - Resources for Head Start Programs and Parents](#) – a wide range of resources to address social emotional support for children and adults, and disaster recovery for Head Start programs and families.

- [Early Head Start Experience: Disaster Readiness and Response for Families with Young Children](#) – how an Early Head Start program responded in the aftermath of Hurricanes Katrina and Rita.
- [Hurricane Tips for Parents: How to Help Kids](#) — guidance from Save the Children for a checklist for families and to help kids cope with disasters.
- [Early Childhood Development in Emergencies](#) — guidance from UNICEF to help train and support parents and caregivers prepare for and respond to disasters.
- [Parent Tips for Helping Infants and Toddlers After Disasters](#) prepared by the National Child Traumatic Stress Network
- [Parent Tips for Helping Preschoolers After Disasters](#) by the National Child Traumatic Stress Network.
- [Tips for Adults](#) by National Child Traumatic Stress Network.

Sesame Workshop has created [Let's Get Ready! Planning Together for Emergencies](#) with tips, activities, and other easy tools to help the whole family prepare for emergencies — together!

- [Parents and Caregivers Tips on Disaster Preparedness](#)
- [Tip Sheet for Parents and Caregivers](#)
- [Planning Together for Emergencies Toolkit](#)
- [Hurricane Kit for Parents and Caregivers](#)
- [Here for Each Other: Helping Families After an Emergency](#)

RESPONDING TO CHILDREN'S NEEDS:

Resources that will help parents, caregivers, and child care providers lessen longer-lasting emotional and social impact of a hurricane and other disasters:

- FEMA [Helping Children Cope](#)
- [Psychological First Aid](#) Kit from NCTSN: Psychological First Aid is an evidence-informed approach for assisting children, adolescents, adults, and families in the aftermath of disaster and terrorism.
 - [Parent Tips for Helping Infants and Toddlers after Disasters](#) (also available in [Spanish, Chinese and Japanese](#)).
 - [Parent Tips for Helping Preschool-Age Children after Disasters](#) (also available in [Spanish, Chinese and Japanese](#)).
- [Early Childhood Trauma Resources](#) from the National Child Traumatic Stress Network (NCTSN)
- [Help Young Children Deal with the Fears Caused by Super Storm Sandy](#)
- [Recovery: After a Hurricane](#) by the National Child Traumatic Stress Network includes simple activities for children and adolescents.

- [Talking to Kids About Hurricane Sandy](#) prepared by the Child Mind Institute.
- [After a Disaster: Helping Young Children Heal](#) prepared by Zero to Three.
- [Talking to Children about Disaster](#) prepared by the American Psychiatric Association, Healthy Minds Healthy Lives.
- [Recognizing and Addressing Trauma in Infants, Toddlers, Young Children and Their Families](#), a tutorial developed by the Center for Early Childhood Mental Health Consultation, an Innovation and Improvement Project, funded by the Office of Head Start.
- [Tips for Talking with Children and Youth of Different Age Groups After a Traumatic Event](#) by Substance Abuse and Mental Health Services Administration in the U.S. Department of Health and Human Services.
- [Child Care Resources - Hurricanes](#)
- [Child Care Emergency Response Resources](#)

FOR CHILDREN:

- [Ready Wrigley Prepares for Hurricanes \(Spanish\)](#) – a coloring and activity book aimed at young children. The Centers for Disease Control and Prevention created *Ready Wrigley* to provide parents, guardians, teachers, and young children with tips, activities, and a story to help the whole family prepare for hurricanes and other emergencies.
- [Trina and Sam - The Rainy Windy Day \(Spanish\)](#)
- [Sesame Street - Tips for Parents and Children](#)
- [Sesame Street - Let's Get Ready](#) -- exercise book to see how families can get ready for emergencies
- [Sesame Street - Let's Get Ready - Planning Together for Emergencies](#)
- Join **Grover and Elmo** with this exercise book to see how families can get ready for emergencies.
- NCTSN [Simple Activities for Children and Adolescents](#).